



FAIRPLEX HAPPENINGS NEWSLETTER

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NowRoz & Afghan Festival

Traditionally, *Nowrúz* means 'new day.' It marks the new year a holiday for Persians and coincides with the astronomical *vernal equinox* (spring), which occurred March 20.

Today, NowRoz is celebrated in many countries, including Afghanistan, Turkey, parts of the Middle East and several of the former Soviet republics. It is a joyous celebration with visits to families and friends.

Fairplex is having its own NowRoz & Afghan Festival Sunday, March 29 from 12 - 8 p.m. in the Fairplex Park infield. Enjoy music, animals, carnival rides, food, and live entertainment with Rameen and Omar Sharif, Syed Fahim and Fardeen Haqmal.



Join the celebration!

Traditionally, celebrants offer their guests pastry, cookies, fresh and dried fruits and special nuts, which are served with tea or sherbet. Some believe that a celebrant's behavior on NowRoz affects the rest of the year, so a person who is kind and generous to neighbors and friends will have a good year.

Try a recipe for tender, garlicky *Afghan Chicken*



AFGHAN CHICKEN

Serves 5 People

- 2 large cloves garlic
- 1/2 tablespoon of salt
- 2 cups plain, whole-milk yogurt
- Juice and pulp of 1 large lemon, 3-4 tablespoons
- 1/2 tablespoons cracked black pepper
- 2 large whole chicken breasts, about 2 pounds

Long, slow marinating in garlicky yogurt tenderizes, moistens and adds deep flavor so you end up with skinless grilled chicken that's as delicious as it is nutritionally correct. Serve with soft pita or Arab flatbread and fresh yogurt.

Put the salt in a wide, shallow non-reactive bowl with the garlic and mash them together until you have paste. Add yogurt, lemon and pepper.

Skin the chicken breasts, remove all visible fat and separate the halves. Bend each backward

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to break the bones so the pieces will lie flat. Add to the yogurt and turn so all surfaces are well-coated. Cover the bowl tightly and refrigerate. Allow to marinate at least overnight up to a day and a half. Turn when you think of it.

To cook, remove breasts from marinade and wipe off all but a thin film. Broil or grill about 6 inches from the heat for 6 to 8 minutes a side or until thoroughly cooked. Meat will brown somewhat but should not char. Serve at once.

Recipe from www.afghan-network.net/Cooking/

Other Fairplex Happenings

PrimeTime Dance Competition

Fairplex 9, March 27-29, 4-9p.m.
Admission: \$10



Easter Sunday Brunch

McKinley's Grille
Sheraton Fairplex hotel
10 a.m.- 3 p.m.



A sumptuous champagne brunch buffet includes personalized omelets, peel-and-eat shrimp, hand-carved ham and roast beef, all accompanied by salads, desserts and beverages.

Adults: just \$28.95
Children's buffet for ages 5-10: \$14

Reserve now for this memorable feast at
(909) 868-5915.

Archives Quilt, Craft and Sewing Festival

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